

SAM NEAL

2025 Cross Country - Goal Sheet – Rev. 0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>
1 mi CC PR:	9/20/24	08:18.95	1 mi: 8:18
3 km CC PR:	8/24/24	18:17.84	3 km: 9:48
2 mi CC PR:	9/23/24	21:38.40	2 mi: 10:49
5 km CC PR:	--	--	5 km: --
800 m T&F PR:	3/23/24	3:37.53	800 m: 7:17
1600 m T&F PR:	4/12/25	8:00.69	1600 m: 8:03
3200 m T&F PR:	--	--	3200 m: --

<u>Training Goals</u>	<u>Goal Paces [minutes/mile]</u>
1 mi CC Goal: 8:15	1 mi CC Goal Pace: 8:15
3 km CC Goal: 18:15	3 km CC Goal Pace: 9:47
2 mi CC Goal: 21:30	2 mi CC Goal Pace: 10:45

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	11:13	2:48	1:24
Tempo:	9:07	2:16	1:08
Long Interval:	8:20	2:05	1:02
Short Interval:	7:48	1:57	0:58

<u>Gardiner Park</u>
Equivalent single lap times at Gardiner Park are provided below:
Long Slow Distance (LSD): 2:29
Tempo: 2:01
Long Interval: 1:51
Short Interval: 1:44

VO ₂ Max (Estimate)
35
[ml/kg/min]